

Try This, This Summer.

The very next time you're hot, tired or thirsty, step up to a soda fountain and get a glass of Coca-Cola. It will cool you off, relieve your bodily and mental fatigue and quench your thirst delightfully. At soda fountains or carbonated in bottles—5c everywhere. Delicious, refreshing and wholesome. Send to the Coca-Cola Co., Atlanta, Ga., for their free booklet "The Truth About Coca-Cola." Tells what Coca-Cola is and why it is so delicious, refreshing and thirst-quenching. And send 2c stamp for the Coca-Cola Baseball Record Book for 1910—contains the famous poem "Casey At The Bat," records, schedules for both leagues and other valuable baseball information compiled by authorities.

TUBERCULOSIS IN THE PRISON

Per Cent. of Sufferers is Enormous and There Seems but One Remedy.

From several investigations that have been made by the National Association for the Study and Prevention of Tuberculosis, it is estimated that on an average about fifteen per cent. of the prison population of the country is afflicted with tuberculosis. On this basis, out of the 80,000 prisoners housed in the penal institutions of the United States at any given time, not less than 12,000 are infected with this disease. If the Philippine Islands and other insular possessions were taken into consideration the number would be much larger. Some of the prisons of Pennsylvania, Kansas and Ohio show such shocking conditions with reference to tuberculosis that many wardens admit that these places of detention are death traps. Similar conditions could be found in almost every state, and in the majority of cases the only sure remedy is the destruction of the old buildings and the erection of new ones.

Nipped in the Bud.

The Minister (stopping to tea)—No, thank you, I must decline on the cucumbers.

Little Tommie—Guess you're afraid of the tummy ache, but you don't need to be, cuz when I have it mamma always rubs— (! ! !)—Boston Herald.

A business man's leisure is simply the time he doesn't know what to do with.

Summer Comfort

There's solid satisfaction and delightful refreshment in a glass of

Iced Postum

Served with Sugar and a little Lemon.

Postum contains the natural food elements of field grains and is really a food drink that relieves fatigue and quenches the thirst.

Pure, Wholesome, Delicious

"There's a Reason"

POSTUM CEREAL CO., Ltd.,
Battle Creek, Mich.

TOO MUCH ECONOMY

GOOD HABIT CAN BE CARRIED TO EXTREMES.

Housewife Will Do Well to Guard Against Penuriousness, in Which There Can Be No Possible Saving.

The housewife who is so conscientiously and rigidly economical that she is always bounded and surrounded by reversible silk skirts that should be thrown in the rag bag, or frazzled centerpieces that could be cut up into dollies, or lawn scraps that might be turned into handkerchiefs, should take a whole day off and learn that "every excess is a defect" and "extremes weaken."

Sometimes such painful and tedious economies are necessary. Often they are not. Once in a while they are ridiculous. At times it happens that they even cause misery. Perhaps you remember with what pangs of wounded pride you went to school in the metamorphosed dress of your elder sister. Perhaps you read about the girl who came back from boarding school and straightway rejected her young country lover because his economical mother had put tucks in his trousers to provide against his rapid growth. Anyhow, there are two kinds of economies and the kind that will monopolize your time from sunrise to moonrise and keep you humping forward threading needles or flashing crochet hooks, and maybe make somebody sour at that, especially when that willing old second-hand man offers to relieve you of all the non-essential dry goods, woodware and ironware for cash, it is for you to watch out that the goblins of regret and disgust don't get you.

Foolish Habit to Acquire.

Unless it is a case of "have to" the tendency always to create something new out of something old is not so commendable in modern housekeeping as some might think, and for the following reasons:

In the first place most of us claim that modern dry goods has not the durability it was known to have 50 years ago. Therefore it doesn't always pay to make over something old, since much of the wear is gone. Then there is always some doubt as to the fit or presentability of a made-over thing, and the market for all kinds of discards, including furniture as well as clothes, being always open, it is generally easy to dispose of things that are in the way.

Besides, the housewife who wishes to be classed as "up to date" must grant herself sufficient leisure to neutralize the domestic strain with social or intellectual felicities, so a few of those laborious economies must be cut out.

Here are some samples of erring economies that increase the burden of daily housework: A mother with four children and an excellent income unraveled a knitted sweater that was a little tattered on one shoulder and sagged on one side and crocheted two pairs of house slippers of the ravelings.

This used up all of her afternoon leisure for two weeks. By darning carefully and stretching this sweater a little, which would have taken her only a few minutes, she could easily have disposed of it.

Washing Crepe de Chine.

Washing crepe de chine is no more difficult than to wash a frock of colored muslin. If tepid water and good soap are used with care it will come from the laundry as triumphantly as a piece of white linen. Do not let it lie in the water longer than is absolutely necessary, rinse thoroughly, and when half dry press on the wrong side with a medium hot iron. If of a delicate color the garment must be dried in a shady place after pressing.

MISUNDERSTOOD HIM.



"My friend," said the solemn man on the railroad train, "do you drink intoxicating liquors?"

"Sure!" cried the convivial chap. "Much obliged for the invitation. Got a flask with you?"

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the

Signature of *Chas. H. Fletcher*.
In Use For Over 30 Years.
The Kind You Have Always Bought.

Game.

The Creditor—Will you pay this bill now, or never?

The Debtor—Mighty nice of you to give me my choice, old scout. I choose never.

Mrs. Winslow's Soothing Syrup.

For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, etc. in a bottle.

Better a nagless wife than a horseless carriage.

Constipation Vanishes Forever

Prompt Relief—Permanent Cure

CARTER'S LITTLE LIVER PILLS

fail. Purely vegetable—act surely but gently on the liver. Stop after dinner—distress—cure indigestion—improve the complexion—brighten the eyes. Small Pill, Small Dose, Small Price.

Genuine must bear Signature

W. D. Wood

Murder!

One gets it by highway men—Tens of thousands by *Bad Bowels*—No difference. Constipation and dead liver make the whole system sick—Everybody knows it—CASCARETS regulate—cure Bowel and Liver troubles by simply doing nature's work until you get well—Millions use CASCARETS, Life Saver!

CASCARETS are a box for a week's treatment, all druggists. Biggest seller in the world. Million boxes a month.



If afflicted with: ROTO EYES, USE: Thompson's Eye Water

PATENTS Watson E. Coleman, Washington, D.C. Books free. Highest references. Best results.

W. N. U., DENVER, NO. 34-1910.

We Give Away Absolutely Free of Cost

The People's Common Sense Medical Adviser, in Plain English, or Medicine Simplified, by R. V. Pierce, M. D., Chief Consulting Physician to the Invalids' Hotel and Surgical Institute at Buffalo, a book of 1008 large pages and over 700 illustrations, in strong paper covers, to any one sending 21 one-cent stamps to cover cost of mailing only, or, in French Cloth binding for 31 stamps. Over 680,000 copies of this complete Family Doctor Book were sold in cloth binding at regular price of \$1.50. Afterwards, one and a half million copies were given away as above. A new, up-to-date revised edition is now ready for mailing. Better send NOW, before all are gone. Address WORLD'S DISPENSARY MEDICAL ASSOCIATION, R. V. Pierce, M. D., President, Buffalo, N. Y.

DR. PIERCE'S FAVORITE PRESCRIPTION

THE ONE REMEDY for woman's peculiar ailments good enough that its makers are not afraid to print on its outside wrapper its every ingredient. No Secrets—No Deception.

THE ONE REMEDY for women which contains no alcohol and no habit-forming drugs. Made from native medicinal forest roots of well established curative value.

THE Famous

Rayo

Lamp

Once a Rayo user, always one

The Rayo Lamp is a high grade lamp, sold at a low price. There are lamps that cost more, but there is no better lamp made at any price. Constructed of solid brass; nickel plated—easily kept clean; an ornament to any room in any house. There is nothing known to the art of lamp-making that can add to the value of the RAYO Lamp as a light-giving device. Every dealer everywhere. If not at yours, write for descriptive circular to the nearest agency of the

CONTINENTAL OIL COMPANY (Incorporated)

USE THE BEST **FAULTLESS STARCH** FOR LAUNDRY WORK
FOR SHIRTS COLLARS CUFFS AND FINE LINEN